



Brain Injury Alliance WASHINGTON

If you feel stuck...

- *Navigating the Medical System.*
- *Applying for Social Security Benefits.*
- *Developing Education Interventions.*
- *Planning Vocational Training.*
- *Finding Legal Help.*
- *Talking to Loved Ones about Brain Injury.*
- *Facing Any Complex Issue Related to Brain Injury.*

...we are here to help!

The **Brain Injury Alliance of Washington (BIAWA)** offers a range of support services through the **Washington TBI Resource Center 877-824-1766** to assist individuals throughout the state of Washington whose lives are affected by brain injury, as it is our goal to ensure that every individual who sustains a brain injury benefits from resources that maximize his/her quality of life.

- **Resource Line Specialists** are available from 9AM until 5PM, Monday through Friday to assist callers as they navigate the challenges that arise as a result of brain injury. We strive to provide the optimum level of compassionate care, treating every caller's needs as equally worthy of our attention. Referrals are made externally for information about brain injury, specific community resources as well as internally to our Resource Management services.
- **Resource Management** is offered to persons with brain injury ages 5+, their families and caregivers. We provide clients with the option of over-the-phone or in-person assistance. Resource Managers help connect people to resources and support in their communities while working toward individualized, identified goals. The objective of Resource Management is to improve the quality of life for persons with Brain Injury by assisting them, their families and loved ones fill in the gaps of needed services.
- **BIAWA** is also available to provide comprehensive trainings and to attend conferences across the state to increase awareness and knowledge about brain injury. We send our knowledgeable staff into communities to provide in-service trainings to service providers such as Social Workers, Crisis Intervention Specialists, School Counselors & Nurses, and many more. To request training for your staff or BIAWA participation in your conference/community event, please call 877-982-4292.

All services of the Brain Injury Alliance of Washington are free of charge to our community as a piece of our mission to increase public awareness, support and hope for those affected by brain injury through education, assistance and advocacy.

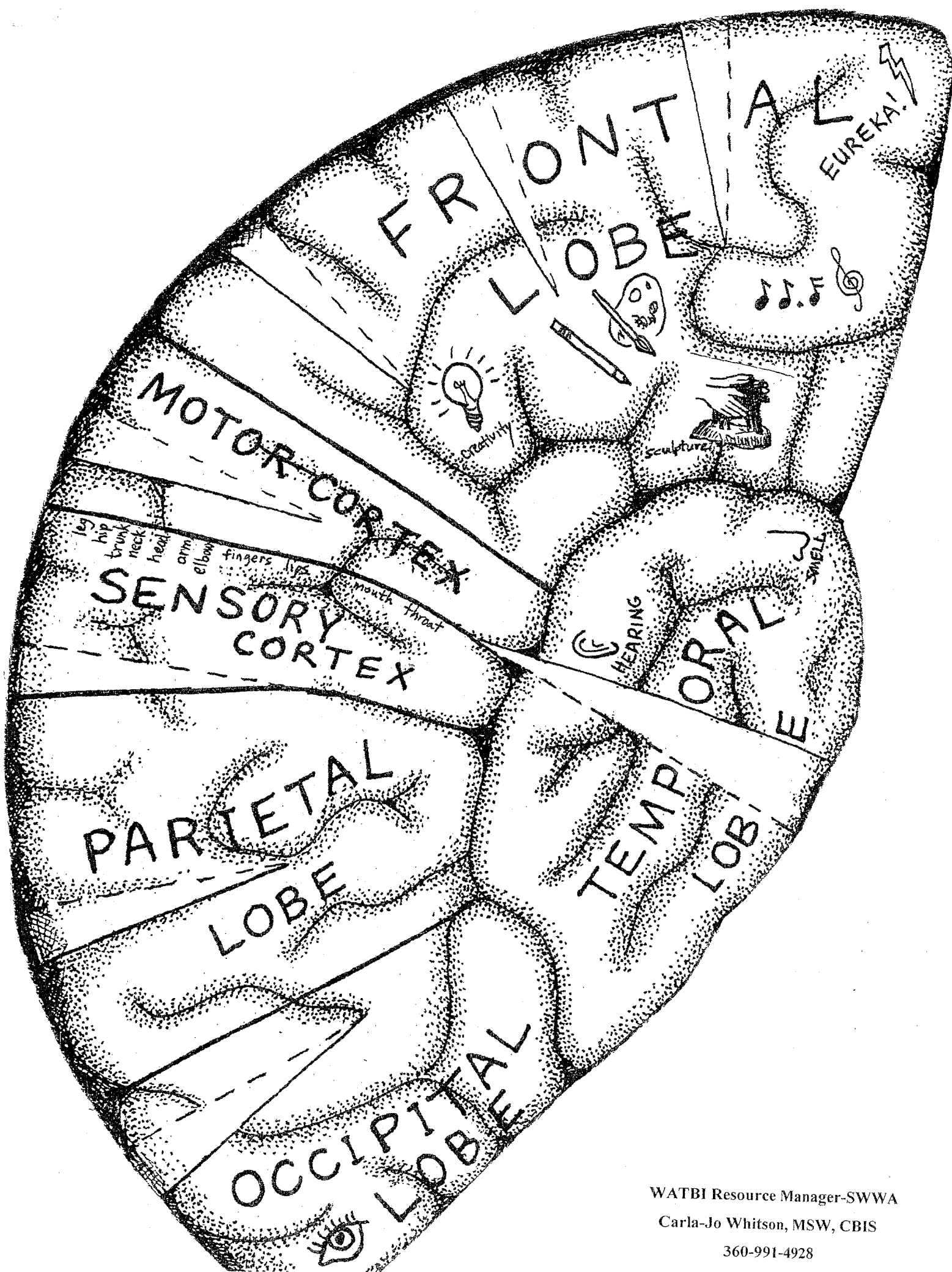


Top 10 Fun Facts about the Brain!

- In 350 B.C. people believed it was the heart, not the brain, that held our intelligence.
- Your incredible brain can learn and store away as much information as 20 volumes of an encyclopedia. Your brain can also remember up to 10,000 different smells.
- Most people learn 45,000 words between the age of one and the end of high school. That's an average of seven new words every day.
- Dolphins, orangutans and chimpanzees are the only other animals that can recognize themselves in a mirror the way human babies can by the time they're 18 months old. All other creatures think their reflection is another animal.
- Technically, a genius is someone whose IQ is greater than 135, the highest score most IQ tests can accurately measure is about 200.
- People used to think scientists would find a handful of genes that make one person smarter than another. It turns out intelligence may involve as many as 150 different genes.
- In ancient times, people believed you could learn what another person knew by eating that person's brain. That's why some warriors sometimes ate the brains of enemies they'd defeated.
- Your brain burns 25 percent of all the oxygen you breathe in.
- If all the neurons in your brain were strung end to end, they would reach to the moon and back.
- On average, people forget about 99 bits of information out of every 100 they receive.

Play with your brain & help it grow!

- Brush your teeth or eat with your weaker hand.
- Play cards and word games such as Scrabble.
- Get dressed with your eyes closed.
- Turn a book around and try to read it upside down.



WATBI Resource Manager-SWWA

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Children are not Young adults!

The excitement of your child's first steps. The thrill of their being able to balance a bicycle without training wheels. These are among the fondest memories of any child's growth and development.

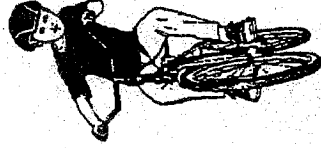


For the child, these events are early steps towards independence. No longer are they dependent on their parents for mobility. But this independence is filled with hazards, as the unsuspecting child encounters cars, trucks and their drivers in what the child considers his or her play space.

Open this brochure to discover the problems children have in traffic, simply because they are children. You will also find ways to help your child become a better pedestrian and bicyclist, and for you to become a better driver.

9. Always model appropriate traffic safety practices yourself, whether you are walking, bicycling or driving! Children learn from important people around them.

10. Be a careful driver, watch for children who may not yet have developed good traffic safety habits. Their safety is in your hands.



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For more information on bicycling and walking in Madison call 608-266-6225 or email aross@ci.madison.wi.us

This pamphlet was distributed by the Bicycle Helmet Safety Institute on behalf of TransMadison, Inc. because we found it enlightening and wanted to pass it on.

How Children See Traffic

Help your child be a better pedestrian and bicyclist

TransMadison
The Word is Getting Around

